

A close-up photograph of a woman's face, focusing on her eyes. She has light skin and blonde hair. Her eyes are a striking blue color. The lighting is soft and natural, highlighting the texture of her skin and the detail of her eye.

DAILY WEAR
DAILY DISPOSABLE

**PATIENT
INSTRUCTION
GUIDE**

ACUVUE[®]
DAILY DISPOSABLE CONTACT LENSES

CE
2797

This patient instruction guide refers to the following ACUVUE® Brand Contact Lenses which are individually listed in **Table 1** below and are referenced as such unless stated otherwise.

Table 1	Intended use and wear schedule		
	Daily Wear – Daily Disposable	Material	Packaging Solution
Daily Disposable ACUVUE® Brand Spherical Contact Lenses – Visibility Tinted with UV-Blocker			
1-DAY ACUVUE® Brand Contact Lenses	●	etafilcon A	①
1-DAY ACUVUE® MOIST Brand Contact Lenses	●	etafilcon A	③
1-DAY ACUVUE® TruEye® Brand Contact Lenses ④	●	narafilcon A	②
1-DAY ACUVUE® DEFINE® Brand Contact Lenses with LACREON®	●	etafilcon A	③
ACUVUE OASYS® Brand Contact Lenses with HydraLuxe® ④	●	senofilcon A	②
Daily Disposable ACUVUE® Brand Contact Lenses for ASTIGMATISM – Visibility Tinted with UV-Blocker			
1-DAY ACUVUE® MOIST Brand Contact Lenses for ASTIGMATISM	●	etafilcon A	③
ACUVUE OASYS® Brand Contact Lenses for ASTIGMATISM with HydraLuxe® ④	●	senofilcon A	②
Daily Disposable ACUVUE® Brand Contact Lenses for PRESBYOPIA – Visibility Tinted with UV-Blocker			
1-DAY ACUVUE® MOIST Brand MULTIFOCAL Contact Lenses	●	etafilcon A	③

Packaging solution

- ① Borate buffered saline.
- ② Borate buffered saline with methyl ether cellulose.
- ③ Borate buffered saline with povidone.

Material content

- ④ Lens material contains silicone and meets Class 1 UV absorbing standards with transmissibility of less than 1% UVB (280-315nm) and 10% UVA (316-380nm) radiation. All other ACUVUE® products meet Class 2 UV absorbing standards with transmissibility of less than 5% UVB and 50% UVA radiation.

The following symbols may appear on the labels or packaging.

Symbol	Definition	Symbol	Definition
	Caution, Consult Instructions for Use	MID / M	"Mid" near ADD
	Manufacturer	HGH / H	"High" near ADD
	Date of Manufacture	SH	NATURAL SHIMMER™
	Use by Date (Expiration Date)	SP	NATURAL SPARKLE™
LOT	Batch Code	N	NATURAL SHINE™
	Sterile Using Steam Heat		Quality system certification symbol
	Do Not Re-Use (Single Use)		UV blocking
	Do Not Use If Package Is Damaged		Fee paid for waste management
DIA	Diameter		CAUTION: U.S. Federal law restricts this device to sale by or on the order of a licensed practitioner
BC	Base Curve		Lens Orientation Correct
D	Dioptre (Lens Power)		Lens Orientation Incorrect (Lens Inside Out)
CYL	Cylinder Power		"Identification mark" for paper containers and wrapping
AXIS	Axis		"Identification mark" for composite materials
MAX ADD	Highest near addition that can be corrected		Authorised Representative in the European Community
LOW / L	"Low" near ADD		

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Introduction

As with any contact lens, ACUVUE® Brand Contact Lenses are medical devices. The ongoing support of your Eye Care Professional for regular eye checks is essential to the long-term protection of your health and vision.

For your eye health, it is important that your contact lenses be worn only as prescribed by your Eye Care Professional. He or she will review with you **all risks associated with contact lens wearing** and will provide instructions for lens handling and care, including how to safely and easily open the packaging. You will also be taught how to properly apply and remove lenses. This booklet will reinforce those instructions.

If you have any questions, always ask your Eye Care Professional.

Intended use

Daily Disposable ACUVUE® Spherical Brand Contact Lenses are intended for Daily Wear for the optical correction of myopia (short-sightedness) and hyperopia (long-sightedness) in persons with healthy eyes that may have 1.00D or less of astigmatism.

1-DAY ACUVUE® DEFINE® Brand Contact Lenses with LACREON® are also intended to alter/enhance the appearance of the eye.

Daily Disposable ACUVUE® Brand Contact Lenses for ASTIGMATISM are intended for Daily Wear and for the optical correction of myopia (short-sightedness) and hyperopia (long-sightedness) in persons with healthy eyes that may have astigmatism.

Daily Disposable ACUVUE® Brand Contact Lenses contain a UV-blocker to help provide protection against transmission of harmful UV radiation to the cornea and into the eye.

Daily Disposable ACUVUE® Brand Contact Lenses for PRESBYOPIA are intended for Daily Wear for the optical correction of myopia (short-sightedness) and hyperopia (long-sightedness) in presbyopic persons with healthy eyes who have 0.75D or less of astigmatism.

WARNING: All ACUVUE® Brand Contact Lenses have UV-blocking to help provide protection against transmission of harmful UV radiation to the cornea and into the eye. UV-absorbing contact lenses are NOT substitutes for protective UV absorbing eyewear such as UV absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV absorbing eyewear as directed by your Eye Care Professional.

Note: Long term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a

number of factors such as environmental conditions (extent and nature of outdoor activities). UV blocking contact lenses help provide protection against harmful UV radiation.

However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your Eye Care Professional for more information.

Wear schedule

Your Eye Care Professional should determine the appropriate wear schedule based upon your history and ocular examination.

Daily Wear - Daily Disposable

All Daily Disposable ACUVUE® Brand Contact Lenses prescribed for Daily Wear - Daily Disposable (less than 24 hours, while awake) are intended to be worn once on a daily disposable basis and are to be discarded upon removal.

ACUVUE® Brand Daily Disposable Contact Lenses have not been developed for use with contact lens cleaners or disinfection systems. Lenses should be discarded after use. Start each wearing period with a fresh new lens.

Contraindications

Do not use ACUVUE® Brand Daily Disposable Contact Lenses when you have any of the following conditions:

- Inflammation or infection in or around the eye or eyelids.
- Any eye disease, injury or abnormality that affects the corneas, conjunctiva or eyelids.
- Any previously diagnosed condition that makes contact lens wear uncomfortable.
- Severe dry eye.
- Reduced corneal sensitivity (corneal hypoesthesia).

- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses.
- Allergic reactions of ocular surfaces or surrounding tissues that may be induced or exaggerated by wearing contact lenses or use of contact lens solutions.
- Allergy to any ingredient, such as mercury or Thimerosal, in a solution which is to be used to care for your contact lenses.
- Any active corneal infection (bacterial, fungal, protozoal or viral).
- If eyes become red or irritated.

Warnings – what you should know about contact lens wear

It is essential that you follow your Eye Care Professional's directions for the proper use of your contact lenses. You are advised of the following warnings pertaining to contact lens wear:

- ACUVUE® Brand Daily Disposable Contact Lenses are prescribed for daily wear and are for single use. Studies have shown that daily disposable soft contact lens wear reduces the risk of some complications including discomfort and inflammation that are associated with lens care and handling, and reuse can put you at greater risk of these problems.
- Problems with contact lenses or lens care products could result in serious injury to the eye. You should be cautioned that proper use and care of contact lenses and lens care products are essential for the safe use of these products.
- Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision.
- Studies have shown that the risk of eye problems, including ulcerative keratitis is greater for extended wear contact lens users than for daily wear users.
- When daily wear users wear their lenses overnight (outside the intended indication), the risk of eye problems, including ulcerative keratitis is greater than among those who do not wear them overnight†.

† New England Journal of Medicine, September 21, 1989, 321 (12), pp 773-783.

- The overall risk of eye problems, including ulcerative keratitis may be reduced by carefully following directions for lens care.
- Studies have shown that the risk of eye problems, including ulcerative keratitis among contact lens users who smoke is greater than among nonsmokers.
- If you experience eye discomfort, excessive tearing, vision changes, redness of the eye or other problems, you should immediately remove your lenses and promptly contact your Eye Care Professional.
- It is recommended that you see your Eye Care Professional routinely as directed.
- **DO NOT** expose contact lenses to **water** during swimming, other water sports or bathing as this could increase the risk of serious eye infection from microorganisms which could lead to vision loss. If lenses have been submersed in water, the patient should discard and replace them with a new pair. The Eye Care Professional should be consulted for recommendations regarding wearing lenses during any activity involving water.

Adverse reactions

Be aware that the following problems may occur when wearing contact lenses:

- Your eyes may burn, sting and/or itch.
- There may be less comfort than when the lens was first placed on the eye.
- There may be a feeling of something in your eye.
- Swelling or inflammation in or around the eyes.
- Eye redness.
- Eyelid problems.
- There may be excessive watering, unusual eye secretions or redness of your eye.
- Poor vision, blurred vision, rainbows or haloes around objects, sensitivity to light (photophobia) or dry eyes may also occur if your lenses are worn continuously or for too long a time.

If any of the above symptoms occur, a serious eye condition such as infection, corneal ulcer, neovascularization or iritis may be present. You should immediately be seen by your Eye Care Professional, so that the problem can be identified and treated, if necessary, in order to avoid serious eye damage.

Recognising problems and what to do

You should conduct a simple self-examination at least once a day.

Ask yourself:

1. How do the lenses feel on my eyes?
2. How do my eyes look?
3. Do I continue to see well?

If you notice any problems, you should IMMEDIATELY REMOVE YOUR LENS. If the problem or discomfort stops, discard the lens and place a new fresh lens on the eye.

If after inserting the lens, the problem continues, IMMEDIATELY REMOVE THE LENS AND CONTACT YOUR EYE CARE PROFESSIONAL.

REMEMBER - SYMPTOMS ARE WARNING SIGNS. IF IN DOUBT, TAKE THEM OUT.

A clean routine

Preparing the lens for insertion

Cleanliness is the first and most important aspect of proper contact lens care.

Establish a routine of good hygiene for handling your lenses.

- **Always** wash your hands thoroughly with warm water, a mild soap, rinse carefully and dry with a clean lint-free towel before touching your lenses to reduce the chance of getting an infection.
- Do not use cosmetics, soaps containing cold cream, lotions or creams before handling your lenses. It is best to insert your lenses before putting on make-up.
- Keep your eyes closed when using hairspray or other aerosols.
- Always follow the instructions in this booklet and any advice given to you by your Eye Care Professional for the correct handling, insertion, removal and use of your lenses.
- Never wear lenses longer than the period prescribed.

The lens packaging

To open the box, locate the opening flap on the front and pull up to break the seal.

Each lens is in its own package, designed specifically to maintain sterility while sealed. To close the box for storage, just tuck in the flap.

DO NOT USE if the sterile blister package is opened, damaged or after the expiry date shown .

Always confirm the lens parameters (e.g. diameter (DIA), base curve (BC), lens power (D), etc.) printed on the multi-pack and on the individual lens package match your prescription. DO NOT use if there is a mismatch.

To open an individual lens package, follow these simple steps:

1. First separate one lens from the strip of lenses. Be careful not to break the seal on any of the other lens packages.
2. Shake the package to allow the lens to float free in the solution.
3. Peel back the foil. Occasionally, a lens may stick to the inside of the foil or to the package itself. This will not affect the sterility of the lens, which is still perfectly safe to use.
4. Handle your lenses carefully with your fingertips and be careful to avoid damage with your fingernails. It is helpful to keep your fingernails smooth and short.
5. Carefully remove the lens by sliding it up the side of the container. Never use tweezers or other tools.

Inserting your lenses

To avoid mix-ups, develop the habit of always inserting the first lens in your right eye.

Before inserting the lens, check to see that it is a single, moist, clean lens that is free of any nicks or tears. If it appears damaged, throw it away and use the next lens.

Check that the lens has not turned inside out.

Place the lens on the tip of your forefinger and check its profile. The lens should assume a natural, curved, bowl-like shape. If the lens edges tend to point outward, the lens is inside out. Another method is to gently squeeze the lens between the thumb and forefinger. The edges should turn inward. If the lens is inside out, the edges will turn slightly outward.



✓ Correct



✗ Incorrect

Or

Place the lens on the tip of your index finger and, looking up at the lens, locate the numbers 123. 1-2-3 indicates correct orientation while a reverse of 1-2-3 indicates the lens is inside out. If the lens is inside out (reverse 1-2-3), invert the lens and locate the numbers again to confirm correct lens orientation.

Note:

If you need to rinse the lens before you insert it into your eye, use only fresh, sterile rinsing solution, as recommended by your Eye Care Professional.

NEVER USE TAP WATER.

Placing the lens on the eye

1. Remember to start with your right eye. Once the lens has been examined and you are sure it is not inside out, place it on the tip of your forefinger.
2. Place the middle finger of the same hand close to your lower eyelashes and pull down the lower lid.
3. Use the forefinger or middle finger of the other hand to lift the upper lid and place the lens on the eye.
4. Gently release both lids and blink.
5. Repeat these steps for the left lens.

There are other methods of lens placement. If the above method is difficult for you, your Eye Care Professional can provide an alternative.



Centring the lens

Usually, the lens centres itself automatically on the middle of your eye when you insert it and will very rarely be displaced onto the white of your eye during wear. However, this can occur if insertion and removal are not performed properly. To centre a lens, follow either of these methods:

a. Close your eyelids and gently massage the lens into place through the closed lid.

Or

b. Gently manipulate the off-centred lens onto the middle of your eye while the eye is opened, using finger pressure on the edge of the upper or lower lid.

Note:

If your vision is blurred after inserting the lens, check for the following:

- The lens may not be centred on the eye. Check the instructions above.
- If the lens is in the correct position, remove it and look for the following:
 - a. Cosmetics or oils on the lens. Dispose of the lens and insert a fresh one.
 - b. The lens may be on the wrong eye.
 - c. The lens may be inside out, which would also make it less comfortable than normal.

If you find that your vision is still blurred after checking the above possibilities, remove the lens and consult your Eye Care Professional.

Care for a sticking (non-moving) lens

If a lens sticks on your eye, you may be prescribed a lubricating or wetting solution by your Eye Care Professional. In this way you can wet your lenses while you are wearing them, to make them more comfortable.

Just apply a few drops and wait until the lens begins to move freely on the eye. If this does not solve the problem, consult your Eye Care Professional **IMMEDIATELY.**



Care for a dried out (dehydrated) lens

If any ACUVUE® Brand Contact Lens is off the eye and exposed to air for a prolonged period, its surface may become dry and gradually become brittle. If this should occur, discard the lens and use a new one.

Removing your lenses

Always remove the same lens first.

Wash with soap & warm water, rinse and dry your hands thoroughly and follow the same rules for hygiene as already described in 'a clean routine'.

Caution:

Always ensure that the lens is on the middle of your eye before attempting to remove it.

You can determine this by covering the other eye and if vision is blurred, the lens is either on the white of the eye or it is not on the eye at all. To locate the lens, inspect the upper area of the eye by looking down into a mirror while pulling the upper lid up. Then inspect the lower area by pulling the lower lid down.

Once you have found the lens, you can remove it by using the Pinch Method or any other method recommended by your Eye Care Professional.

The Pinch Method

1. Look up and slide the lens down to the white of your eye using your forefinger.
2. Gently pinch the lens between your thumb and forefinger and remove the lens.



In the event of running out of lenses

It is important to make sure you always have an adequate supply of replacement lenses.

To avoid running out you will need to allow time to order and collect your replacement lenses from your Eye Care Professional.

As ACUVUE® Brand Contact Lenses are recommended for Daily Disposable use only, lens care products (other than rinsing or re-wetting solutions) are not required when used in this way.

If you run out of lenses for any reason, you should wear your spectacles.

Although ACUVUE® Brand Contact Lenses are your preferred vision correction, spectacles are an essential back-up for all contact lens wearers.

Instructions for the Presbyopic Patient (Monovision and Multifocal)

If your Eye Care Professional explains that you require monovision or multifocal correction, you should take note of the following:

As with any type of lens correction, there may be a visual compromise.

In some cases, monovision and multifocal lenses can reduce visual acuity and depth perception for distance and near tasks. Some patients have difficulty adapting to this.

Symptoms such as mild blurring and variable vision may last briefly or for several weeks, as your eyes learn to adapt. The longer these symptoms persist, the poorer your chances for successful adaptation.

During this period, it is advisable to only wear these lenses in familiar situations that are not visually demanding. For example, until your eyes have adjusted, it would be wise to avoid driving.

Some patients may also need to wear spectacles over their lenses to provide the clearest vision for critical tasks.

- In some cases, patients will never be fully comfortable functioning in poor light when driving at night, for example. If this happens you may be prescribed additional lenses so that both eyes can be corrected when sharper distance vision is required.
- The decision to be fitted with monovision or multifocal lenses should always be made after careful consultation with an Eye Care Professional.
- You should follow the advice you are given to help you adapt to monovision or multifocal lenses and you should always discuss fully any concerns or problems you may have during and after the adaptation period.

Other important information

Precautions

If you notice any problems, you should IMMEDIATELY REMOVE YOUR LENS. If the problem or discomfort stops, discard the lens and place a new fresh lens on the eye.

For your eye health, it is important to carefully follow the handling, insertion, removal, and wearing instructions in this booklet, as well as those prescribed by your Eye Care Professional (**see "A Clean Routine", "Inserting your Lenses", and "Removing your Lenses"**)

- Before leaving your Eye Care Professional, ensure that you are able to remove your lenses.
- **DO NOT** touch your contact lenses with your fingers or hands if they are not completely clean because tiny lens scratches may occur, causing unclear vision and/or injury to your eye.
- Always handle lenses carefully and avoid dropping them.
- Remove your lenses immediately if your eyes become red or irritated.
- Inform all of your doctors that you are a contact lens wearer.
- Always seek advice from your Eye Care Professional before using any medicines or eye drops.
- When wearing lenses that alter your eye colour, you may notice temporary differences in your vision due to the presence of the colour in the lens, especially in conditions of low light. If these differences in vision persist when wearing 1-DAY ACUVUE® DEFINE® Brand Contact Lenses with LACREON®, it is important that you consult your Eye Care Professional.
- Certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquillisers and treatments for travel sickness may cause dryness of the eye, increased lens awareness or blurred vision. If you experience a problem, you should seek proper medical advice.
- If chemicals are splashed into your eyes: **FLUSH EYES**

IMMEDIATELY WITH TAP WATER. CONTACT YOUR EYE CARE PROFESSIONAL WITHOUT DELAY OR GO TO THE CASUALTY DEPARTMENT OF YOUR NEAREST HOSPITAL.

- Those who use oral contraceptives could develop changes in vision or lens tolerance. Your Eye Care Professional will advise you about this problem.
- As with any contact lens, regular eye check-ups are essential to maintain healthy vision.
- **Do not** change your lens type (e.g. brand name, etc.) or parameters (e.g. diameter, base curve, lens power, etc.) without consulting your Eye Care Professional.
- Never allow anyone else to wear your lenses. They have been prescribed to fit your eye and to correct your vision to the degree necessary. Sharing lenses greatly increases the chances of eye infections.
- **Do not** use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.
- For healthy comfortable vision, it is important that ACUVUE® Brand Contact Lenses are worn only as prescribed by your Eye Care Professional. These lenses are recommended for Daily Wear Daily Disposable use only. After wear, lenses should be discarded. This booklet will act as a reminder of these instructions.
- Your Eye Care Professional should be kept fully informed about your medical history and will recommend a lens and care system specific to your needs.
- Avoid all harmful or irritating vapours and fumes whilst wearing lenses.
- Always inform your employer of being a contact lens wearer. Some jobs may require the use of eye protection equipment or may require that you do not wear contact lenses.
- If you have any questions, always ask your Eye Care Professional.

Summary overview

As with all types of contact lenses, there are basic guidelines which must be followed to protect and enhance your sight.

- Always follow the instructions given to you for safe lens wear. Regular check-ups are important to maintain peak performance and healthy vision.
- High standards of hygiene are essential for safe lens wear.
- **NEVER** sleep in your lenses - remove them every night.
- Only a new, sterile lens should be inserted into your eye.
- **NEVER** rinse them in tap water, since this can contain many impurities that can contaminate or damage your lenses and may lead to eye infection and or injury.
- **NEVER** wear lenses for longer than the prescribed period.
- If you experience a problem such as red/irritated eye or blurred vision, **IMMEDIATELY** remove your lenses and contact your Eye Care Professional.
- Always have a pair of spectacles available so that you are not tempted to wear your lenses when they should be removed. Whilst contact lenses may be your preferred correction, spectacles are an essential back-up.

As a wearer of ACUVUE® Brand Contact Lenses, you will soon recognise the advantages over spectacles or other contact lenses.

For maximum benefit and performance it is vital that you recognise how important it is to follow these guidelines.

You should only wear your lenses after following the advice given to you by your Eye Care Professional and that contained in this booklet.

Reporting adverse reactions

Any adverse reactions experienced whilst wearing ACUVUE® Brand Contact Lenses should be reported to your Eye Care Professional.

Your prescription

ACUVUE® Brand Contact Lenses.

Right lens:

Power and base curve (cylinder and axis if relevant)

Left lens:

Power and base curve (cylinder and axis if relevant)

YOU HAVE BEEN PRESCRIBED ACUVUE® BRAND CONTACT LENSES FOR DAILY WEAR, DAILY DISPOSABLE USE ONLY.

Should you have any queries or concerns, call your Eye Care Professional.

Address and telephone number of your Eye Care Professional:

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Regular visits to your Eye Care Professional are important for clear and healthy eyes.

Follow-up visits:

1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>
4	<input type="text"/>	5	<input type="text"/>	6	<input type="text"/>

Manufactured by:

Please refer to carton for site of manufacture.



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IN000361

Daily Wear & Daily Disposable
PIG (English)
IN000361

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